BBQ Lemon Herb Salmon

Serves 4

Ingredients:

- 4 salmon fillets (skin on)
- Zest and juice of 1 lemon
- 2 cloves garlic, finely chopped
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 tablespoon olive oil
- Sea salt and freshly ground black pepper

Method:

1. Prepare the marinade:

In a bowl, mix together the lemon zest, lemon juice, garlic, parsley, dill, olive oil, salt, and pepper.

2. Marinate the salmon:

Place the salmon fillets in a shallow dish or resealable bag and pour the marinade over them. Make sure each fillet is well coated. Cover and refrigerate for at least 30 minutes (or up to 2 hours if you want a stronger flavour).

3. Preheat the BBQ:

Light your BBQ and allow it to reach a medium-high heat. If using a charcoal BBQ, wait until the coals are glowing and covered with a light layer of ash.

4. Prepare the BBQ for cooking:

Lightly oil the grill grates or use a BBQ-safe fish tray or foil to prevent sticking. You can also place lemon slices under the fillets to stop the skin from burning and to infuse extra flavour.

5. Cook the salmon:

Place the salmon fillets skin-side down on the grill. Close the lid if your BBQ has one. Cook for about 5–6 minutes without moving them, then carefully flip and cook the other side for another 2–3 minutes, depending on thickness. The salmon should flake easily when cooked through.

6. Serve:

Remove from the BBQ and serve immediately with a fresh summer salad, new potatoes or grilled vegetables. Garnish with extra chopped herbs and a wedge of lemon if you like.